

**The Influence of Regularity Exercise of Asthma
On Frequency of Asthma Attack on Bronchial Asthma Patient
In Club Asthma RS.Dr.Sardjito Yogyakarta**

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Abstract

Asthma Bronchial disease is still to make healthy problem in the world. Many of ascription that asthma patient must to avoid the practice. It is not true, exactly if they have exercise, they will get many advantages. Exercise gymnastic of asthma is one of form sport is recommended to asthma patient. The purpose of the study is to known the influence of regularity exercise of asthma on frequency of asthma attack on bronchial asthma patient in club asthma RS.Dr.Sardjito Yogyakarta.

The methods of the research is observational with cross-sectional face-to-face interview questionnaire. This study conducted in IRM RS.Dr.Sardjito Yogyakarta during July-Agust 2005. Data are analysis using *Wilcoxon signed ranks test*.

The research finds out the frequency asthma attack before and after have exercise of asthma consist of no attack, intermittent, mild persistent, moderate persistent, and severe persistent are continued 0%, 3%, 12%, 8%, 7% and 3%, 12%, 11%, 3%, 1%. There were 30 respondents, consisted of 13 males (43,33%) and 17 females (56,67%).

From the research, could get the Z score -4,463 with p score 0,000. Based on zero hypothesis reject ($p < 5\%$) so, can conclusioned there are significant influence regularity exercise of asthma on decreasing frequency of asthma attack.

Keywords : Bronchial Asthma, Exercise of Asthma, Asthma Attack

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